

WHAT TO BRING TO CAMP (MTN. SITE):

Required Items: It is essential that campers come with all items on the "Required Items" list. Especially note the need for proper footwear, warm outerwear and an adequate sleeping bag. We are concerned that many campers come unprepared for our outdoor oriented programs. Mountain weather is very unpredictable. Snow and rain are possibilities campers must be prepared for!

- 1 complete change of clothes for at least every 2 days spent at camp.
- 1 complete change of clothes that can get wet or dirty during water games.
- 1 pair of shoes or sandals that can be worn in the water.
- 1 pair of sturdy footwear for hiking; sturdy running shoes work ok but hiking boots are best.
- 2 pairs of running shoes.
- Raingear.
- 1 or 2 pairs of wool socks (your feet will be warmer than in cotton socks if they get wet).
- Swimsuit
- 1 summer jacket
- 1 warm jacket
- 1 heavy sweater (wool or polar fleece best).
- Sun hat
- 1 pair of gloves or mitts
- toque or winter hat
- Canteen or water bottle with watertight lid (a 1 litre pop bottle works well).
- Bible, pen/pencil
- Toothbrush, toothpaste, soap, comb/hair brush etc.
- Towel & wash cloth
- Sleeping bag (warm enough to keep you warm down to 0Celsius) and extra blanket if you get cold.
- Pillow.
- Any medication needed on a regular basis.

Optional Items:

- Daypack/Backpack
- Flashlight and spare batteries
- Insect repellent, sunscreen, sunglasses, chapstick
- Camera (you will NOT be allowed to keep your phone to use as a camera)
- Musical instruments
- Dressier clothes for the last night

We are a Christian camp and you will be expected to dress modestly. Guys will be expected to wear shirts at all times, except swimming and show no underwear above pants.

Girls – no short shorts or short skirts, no halter tops or spaghetti straps and no bikinis.

DO NOT BRING: personal electronic devices (MP3 players, iPods, cell phones, etc.), pets, tobacco products, alcohol, drugs, junk food or extra snacks (unless on a restricted diet), money or other valuables.